

SOUL PSYCHOLOGY

Module 7 – Introduction Video Transcript

Welcome to module 7, where we explore how to restore our energy system. In modules 1-6 we deep dived into the main elements of our energy system, now in Modules 7-9 we learn how to restore our energy system, by clearing crystallisation, miasms and negative portals from our energy channels and how to re-balance our energy system once we have cleared the less than optimal frequencies.

In EMI's soul psychology process so far you have learnt how to:

1. Identify the less than optimal energy that is stuck.
2. Identify the area affect that is holding the less than optimal frequencies
3. Clear the energy blockage.
4. Raise the frequency back to optimal.
5. Resource the energy system during integration

Sheaths

During EMI's Soul Psychology Process, we clear the stuck energy, or less than optimal frequencies, from our energy system. However, as the frequencies have been locked into our energy system since the ages of 0-7, sometimes they damage our sheath or lining of our energy channels. This can show up as clearing our energy, but not being able to sustain our healing.

When the sheath is less than optimal, it lowers the frequency of the energy flowing through it, we are unable to sustain the frequency flowing down from the Divine. This blocks us seeing the truth of who we are, our greatness. It blocks us from thinking big, dreaming big, impacting the unfolding of our sacred work.

EMI's Restore Process

Now in EMI's Soul Psychology Process we learn how to test if any part of our energy channels, or any sheath, is calling for tending or restoring, moving it back to optimal, back to our original energy blueprint.

In module 7 we explore how to restore our energy channels, or sheaths, by clearing crystallisation. In module 8 we explore how to restore our energy channels through clearing miasms and negative portals, and in module 9 we explore how to re-balance our energy system.

EMI's Restore Process will then be added to the Soul Psychology Process as step 5b in our Processing Prompts, moving forward. The Training Prompt gives you a high level 101 of that months Restore or Rebalance Process.

The Initiation Prompt is an experience of EMI's process through a healing. The Daily Practice Prompt is an invitation to work with EMI's Restore & Rebalance Process Chart. When we arrive at week 3, I walk you through how to work with EMI's Restore & Rebalance Process Chart inside of step 5a of EMI's Soul Psychology Process.

Next Steps

As we move deeper into EMI's Soul Psychology Process, we have changed the way that we work with the videos and moved more to showing you the notes I take, as this will allow you to move into a conversational style Soul Psychology Process. When we first start working with story it can feel a bit clunky. However, as we practice working with the story template, in the story worksheet we move into flow, similar to having conversation with a friend over coffee.

Now it's time to head over to this month's training prompt and deep dive into EMI's Restore Process, the next element of our Soul Psychology Process. Let's Dive In.

Blessed Be